



News	Obituaries	Sports	Neighborhoods	Business	Entertainment	Velocity	Features	Opinion
Services								

Search Kentuckiana:

Go



[courier-journal.com](#) > [Features](#) > [Food](#)

[View 7 days >](#)

Wednesday, March 21, 2007

[E-mail this](#) | [Print page](#)

## Field of greens

Farmers markets are poised for first crops

By Ron Mikulak

[rmikulak@courier-journal.com](mailto:rmikulak@courier-journal.com)

The courierCourier-Journal

After a disarmingly warm January, the unpleasant February cold snaps that lingered into the first weeks of March have us on tenterhooks for spring, which officially has arrived.

A few weekends of slightly balmy weather in March, with the first shoots of spring bulbs poking up, get me thinking about the imminent opening of farmers markets, and the appearance of spring's first vegetables.

Advertisement

Ivor Chodkowski, farmer, market vendor and one of the forces behind the Community Farm Alliance efforts to bring local agricultural products to a wider urban market, admits he is a little behind in his planting this year.



Advertisement

### NEWSLETTERS

#### Sign up now!

Get morning headlines, breaking news, afternoon business updates, weekend happenings and more sent to your inbox!

### FEEDBACK

#### STORYCHAT

[Click here](#) to join a discussion in our reader forums.

### E-EDITION



Check out the new [digital version](#) of The C-J

### RSS

[RSS feeds](#) - [XML](#)  
Get the

### RELATED

- [Spring has](#) [3.21.07]
- [Web-only](#)

### BARDSTOWN

Where: Corner in the park in 1722 Bards

When: Saturday 31.

What you'll see: vegetables, carrots, sorrel, luck farmer: meats — be early, with a hint of work.

headlines you want delivered to your reader.



Advertisement

But he looks forward to the "unofficial" opening of the Bardstown Road farmers market March 31, and the official start two weeks later.

This early in the year, Chodkowski will have a limited but welcome crop: over-wintered greens -- kale, collards and mustard -- that come to their flavorful best in cooler weather and broccolini, also called broccoli rabe or baby broccoli, vivid-green, crisp-tender and needing only a quick saute with garlic to become an excellent side dish.

Nicholas Posante is another farmer who delights market shoppers with a wide range of sometimes exotic produce. He will begin this season with a mix of field greens, including sorrel, a tangy French green, with early lettuces and, a bit later, spicy cress, young mustard greens, Swiss chard and red spinach.

Radishes are gardeners' fail-safe first crop. Posante loves them for their compliant ease in growing, as well as their culinary potential.

He sows a variety of radish types, from mild to sharply pungent, from white daikon through the familiar red varieties to the somewhat intimidating large and odd-colored black radish that Posante admires, but has not found a large fan base yet.

Before the middle of April, the farmers markets should have local asparagus, baby beets, carrots, green garlic, spinach and rhubarb. Peas and snap peas generally come in by the first of May, and some early beans from farmers blessed with ideal conditions.

Farmers markets also will be offering meats and cheeses. Capriole Farms will be bringing a full complement of goat cheeses to the Bardstown Road market.

"We're way ahead of the curve this year with our aged cheeses," Capriole owner Judith Schad said. "The Old Kentucky Tomme and the Mount St. Francis should be great."

And fresh goat cheeses also complement early vegetables, whether tossed in a salad or baked in a tart.

While farmers markets have truly locally grown produce, supermarkets also share in the new season's bounty. When the price of asparagus heads toward \$2 a pound, as it has in recent weeks, you know the supply is coming from somewhere closer than Peru.

Broccolini, young greens and small new carrots can be found in supermarkets too.

There is no better way to celebrate the arrival of spring than to take advantage of the new vegetables the new season offers.

Reporter Ron Mikulak can be reached at (502) 582-4618.



Bullitt County green leaf lett

**FI**  
**Conv**  
**Loca**

**VALU**  
**Cu**

**N**  
**Off**  
**Limited**  
**From**  
**Cu**  
**Y**  
**Visit**  
**for**

We'll do a shopping

Just visit **www.Valu** and click **Online more**

Adver

**STORYCHAT**

[Post a Comment](#)

This article does not have any comments associated with it

^^ [Back to top](#)



[E-mail this](#)



[Print this](#)



[Subscribe](#)



[RSS feeds](#)

---

[Home](#) | [News](#) | [Sports](#) | [Business](#) | [Features](#) | [Travel](#) | [Scene](#) | [Velocity](#) | [Classifieds](#) | [Jobs](#) | [Cars](#) | [Hom](#)

**Classified Partners:** [Jobs:](#) CareerBuilder.com | [Cars:](#) Cars.com | [Apartments:](#) Apartments.com | [SI](#)

Copyright 2005 The Courier-Journal.

Use of this site signifies your agreement to the [Terms of Service](#) and [Privacy Policy/Your California Privacy Rights](#)  
Send questions and comments to [The Webmaster](#).